

Ask Me3™

Good Questions for Your Good Health

Every time you talk with a doctor, nurse, or pharmacist, use the Ask Me 3 questions to better understand your health.

1

What is my main problem?

2

What do I need to do?

3

Why is it important for
me to do this?

Ask Your Doctor, Nurse or Pharmacist:

1

What is my main problem?

2

What do I need to do?

3

Why is it important for me to do this?

When to Ask Questions

You can ask questions when:

- You see your doctor, nurse, or pharmacist.
- You prepare for a medical test or procedure.
- You get your medicine.

What If I Ask and Still Don't Understand?

- Let your doctor, nurse, or pharmacist know if you still don't understand what you need to do.
- You might say, "This is new to me. Will you please explain that to me one more time?"

The **Ask Me 3** questions are designed to help you take better care of your health.



Who Needs to Ask 3?

Everyone wants help with health information. You are not alone if you

find things confusing at times. Asking questions helps you understand how to stay well or to get better.

Who Wants to Answer 3?

Are you nervous to ask your health provider questions? Don't be. You may be surprised to learn that your medical team wants you to let them know that you need help.

Like all of us, doctors have busy schedules. Yet your doctor wants you to know:

- All you can about your condition.
- Why this is important for your health.
- Steps to take to keep your condition under control.

Tips for Clear Health Communication

✓ Check off the ones you will try:

- ☐ I will ask the 3 questions.
- ☐ I will bring a friend or family member to help me at my doctor visit.
- ☐ I will make a list of my health concerns to tell my doctor.
- ☐ I will bring a list of all my medicines when I visit my doctor.
- ☐ I will ask my pharmacist for help when I have questions about my medicines.

Your doctor, nurse, and pharmacist want you to get the information you need to care for your health. Tear off this card to remind yourself what you need to do and the questions you can ask at your next medical visit.



How Do I Remember What to Do?

During your visit, your doctor or nurse may ask you to make healthy lifestyle changes. For example, you may need to exercise more or eat different foods. On the lines below, write down the changes you will make.

[illegible]

Today I Will Use the Ask Me 3 Questions:



During my visit today, I will Ask 3 questions that will help me understand my health.

1

What is my main problem?

2

What do I need to do?

3

Why is it important for me to do this?

Asking these questions can help me:

- Take care of my health
- Prepare for medical tests
- Take my medicines the right way
- I don't need to feel rushed or embarrassed if I don't understand something. I can ask my doctor again.
- When I Ask 3, I am prepared. I know what to do for my health.

Like many people, you may see more than one doctor. It is important that your doctors know all the medicines you are taking so that you can stay healthy.

Take your medicines with you next time you visit your doctor. Or, on the lines below, list the medicines you take every day to discuss with your doctor, nurse, or pharmacist.

Ask Me 3 is an educational program provided by the **Partnership for Clear Health Communication** — a coalition of national organizations that are working together to promote awareness and solutions around the issue of low health literacy and its effect on health outcomes.

Partnership Steering Committee Members:

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American Medical Association Foundation
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